QA 67 – USDA Nutrient Database

Many practitioners find the USDA nutrient database invaluable in their work. The newest version (# 15) has just been released and can be found at:

<<http://www.nal.usda.gov/fnic/foodcomp/Data/SR15/sr15.html>>

This version includes 6,220 food items, and many updates, which includes the following:

- meats such as emu, ostrich, deer, bison and elk, as well as eight new beef cuts
- brand name, ready-to-eat breakfast cereals and candies
- the method of reporting vitamin A equivalents changed from micrograms (mcg) of retinol equivalents to retinol activity equivalents, or RAEs to adopt the same standard used for the new Dietary Reference Intakes (DRIs) for vitamin A